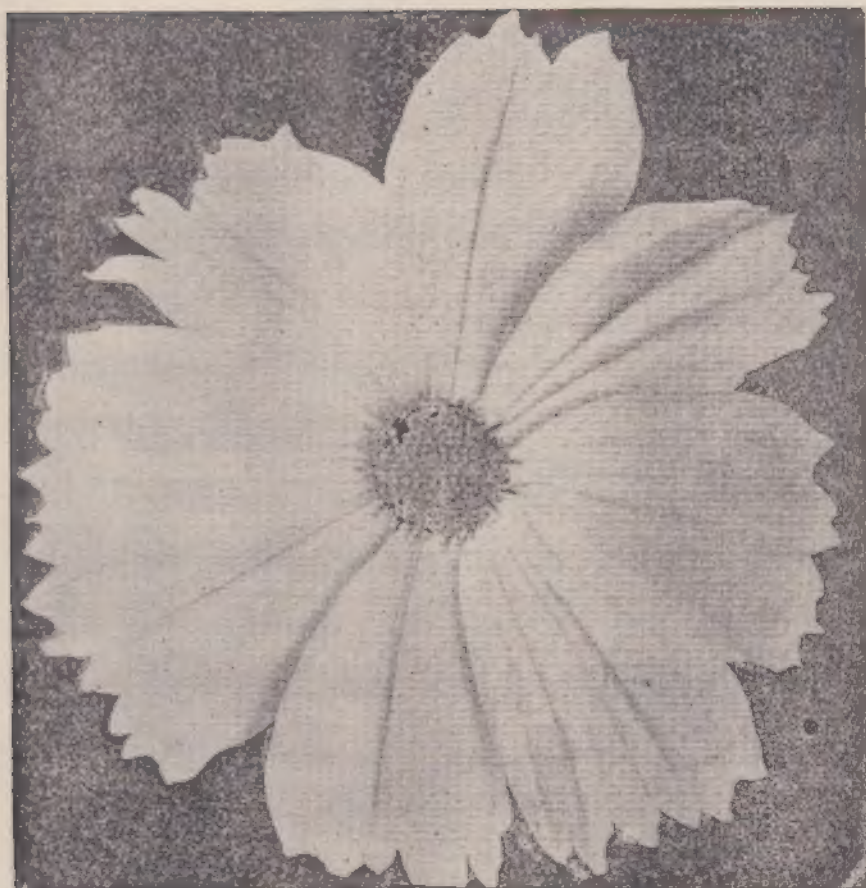


**Mail Blog**

**Cortney Cassidy**

**JAN 20 2020**



## Welcome to Mail Blog

By moving Email Blog (2018-2020) offline, your eyes can take a screen break.

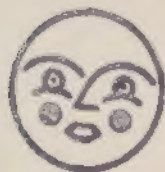
Mail Blog is free.

Trades or donations are happily accepted.

If you wish to be removed from the mailing list, let me know so I can limit material waste.

If you move, notify me of your new mailing address, or else the next tenant might throw this away.

Thank you for reading!



In war time governments encouraged people to plant victory gardens not only to supplement their rations but also to boost morale.

Gardeners could feel empowered by their contribution of labor and rewarded by the produce grown. This made victory gardens a part of daily life on the home front.

Eleanor Roosevelt's victory garden at the White House served as a political message of the patriotic duty to garden, even though Eleanor did not tend to her own garden.

Basic information about gardening appeared in public services booklets distributed by the Department of Agriculture.



My grandmother's grandmother always wore a bib apron and gave her money for penny candies from a market next to their home in Oakland. Her grandfather ate "awful smelling" Limburger cheese in the front room and had a victory garden in the backyard. That's where they got the news about their son (her father) no longer missing (but killed) in action. Her mother once told me she rejected Ronald Reagan when he asked her to dance.



## Unreal Optimism vs Real Pessimism

Optimism bias is a cognitive bias that causes someone to believe they are less likely to experience a negative event. Also known as unrealistic optimism or comparative optimism.

Pessimistic realism is common with those who are depressed. They let others assume they are revealing everything which is an effective way of hiding.

It might feel better to assume a glass is all the way empty so when you reach for yesterday's glass because you forgot to drink water all day but you're already in bed and it's too cold to get up, you might find a little sip in the assumed-empty glass on the night stand. A sip that tastes dusty is good enough for now.

"The struggle ... makes us strong, patient, and helpful. [It] teaches us that although the world is full of suffering, it is full also

of the over-coming of it." —Helen Keller, *Optimism*

For Albert Camus, the only choice to elude or escape the problem of existence was to rebelliously accept and live with the absurd, for "there is no fate that cannot be surmounted by scorn."

Camus imagines Sisyphus while pushing the rock, realizing the futility of his task, but doing it anyway out of rebellion:

"One must imagine Sisyphus happy."

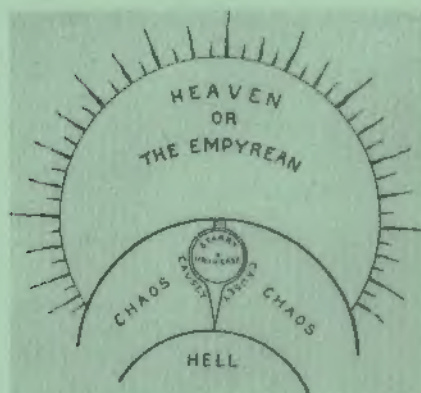


A collection of pebbles that I put in my pocket after they each got trapped in the soles of my shoes while I was a fringe-guest at a fancy wedding.



"Poetry is the act of language that cannot be defined, as "to define" means to limit, and poetry is precisely the excess that goes beyond the limits of language, which is to say beyond the limits of the world itself."

—Franco "Bifo" Berardi, *Breathing: Chaos and Poetry*



"Detachment, compassion, specific detail, and economy—and we are well on the way to identifying some of the most important things in good writing."

—Lydia Davis on Lucia Berlin



"Read slowly and peacefully."

—Clarice Lispector, *Água Viva*

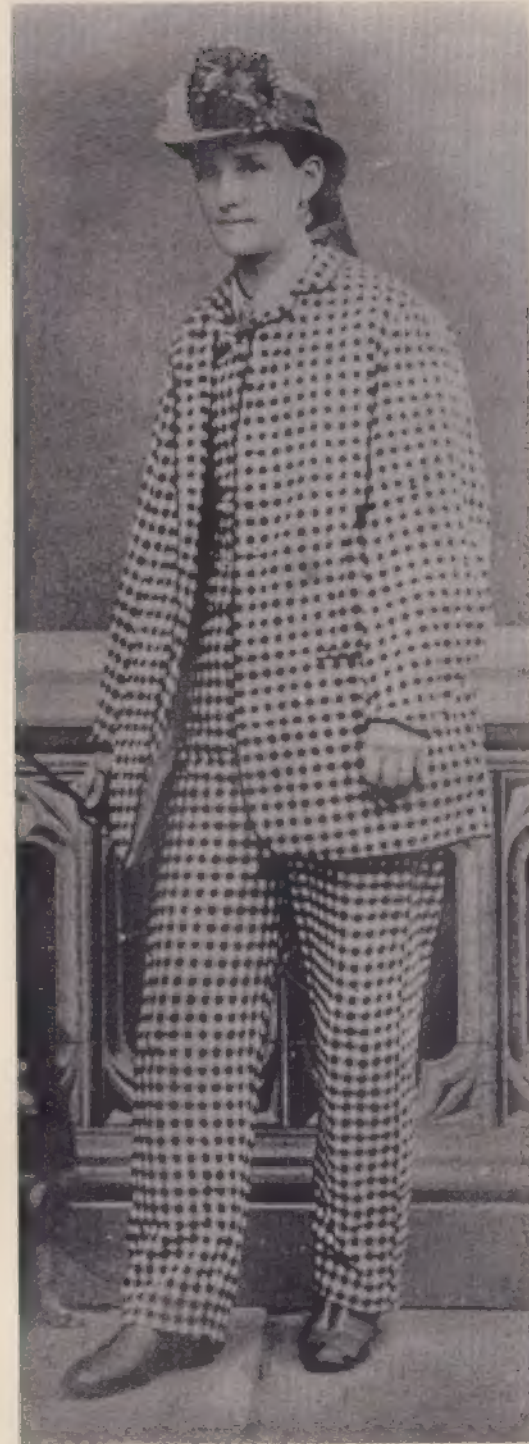




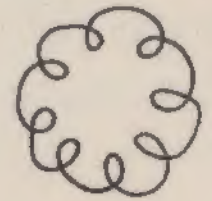
**Emma Sharp** was famous for her feat of pedestrianism completing a 1000-mile walk in 1000 hours, the event first completed by Robert Barclay Allardice in 1809. She is thought to be the first woman to complete the challenge, finishing on October 29, 1864, having started on September 17. This 'arduous task' was reported in the newspapers of the day, in which she was described as having a medium build but an active frame, dressed

in male clothing with the exception of her straw hat which was adorned with 'feminine ornaments.'

It is reported that her food was drugged and people attempted to trip her to prevent her from finishing, for the last two days she carried a pistol to protect herself. Robert Barclay Allardice was not sabotaged and was instead dubbed "The Celebrated Pedestrian."



Crowdsourced interpretations of a shape: hair scrunchy, cotton ball, sleeping cat, pouf ottoman, top of a curly head of hair, cloud, broccoli head, sheep, butthole, cookie, image, flower, dust bunny, popcorn, hair in the shower drain, factory-reject telephone cord that was somehow connected to itself, eight people holding hands, wrist coil keychain, slinky, a fly's path, a crumpled letter thrown in the bin, a bad smell, fog, smog, bracelet, chewing gum, explosion, a brain thinking, bunny tail, a tree seen from an airplane, a honeycomb (cereal).





excerpt from  
**Open the Window**

A walking computer divorced from reality searching “alone” to find the most alone person so that they can be on the same page. Talking to their computer screen.

Smiling at their computer screen. Or crying. Smiling from their computer screen. Or crying.

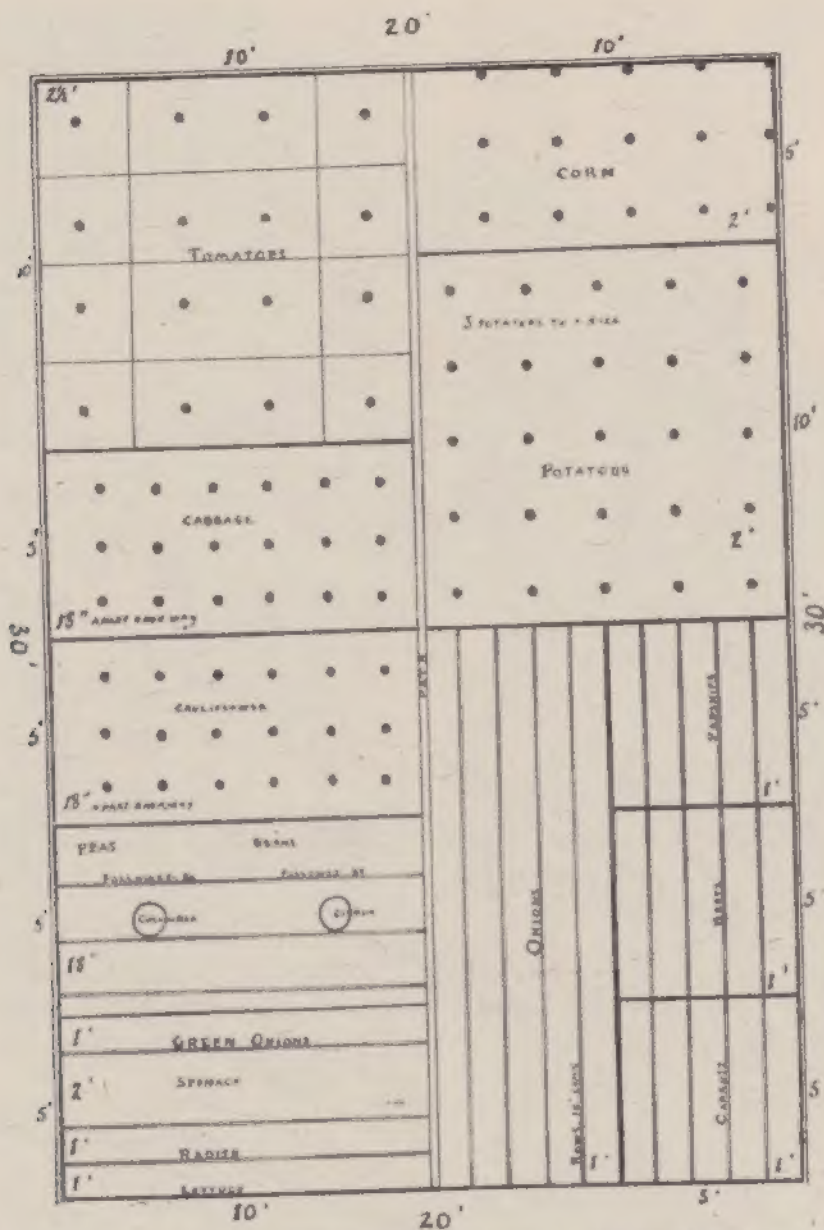
We are having a conversation but our verbal responses aren't going through.

All we can hear are the beautiful sounds of tap tap tap tap tap. We have a good laugh before we delete like nothing every happened.

A friendship through likes and nothing more, not even if we—

Hide ad, it's not relevant.





Proposed plan for portion of backyard to be used as a household garden.

Paper sourced from East Bay  
Depot for Creative Reuse

sleep it off "press"

